

**Are you
experiencing:**

Anxiety?

Depression?

Burnout?

**Relationship
Stress?**

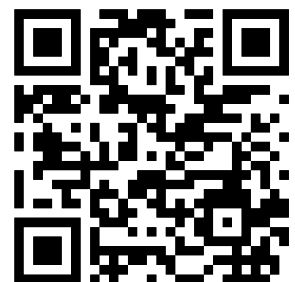
thriving forward

A workshop series
presented by the
Counseling Center

Topics covered include:

- Grounding
- Compassion
- Healing from Anger
- Creating Meaning
- Setting boundaries
- Self-Care

**Find the details
on Bengal
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Counseling Center services